



## **AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.**

"Catch the Wave at AJK'S" – T. Zimmermann

**The Sidekick Monthly Newsletter**

**Issue 10. V.09**

### **Greetings from AJK's**

AJK's hopes everyone has fallen into the fall season. We are excited for our NEW flexible schedule! AJK's would like to welcome some new students to our TKD program: **Collin and Dylan Abe, Grace Cutrell, Zachary Ditta, Andrew Duong, Jay Gupta, Samantha Hague, Kuhen Hamilton, Nicholas Kim, Shae Krishnaswamy, Harley and Vance Knode, Jack Loucks, Jaanki Patel, Hayden and Nathan Prime, and Michael Salerno!** We wish them all well! AJK's would also like to congratulate **Alexandra Brinkman** for competing at the 2009 JKI! Alex returned with a bronze medal in black belt competition forms! Go Alex! Please visit [AJKSTKD.com](http://AJKSTKD.com) for TKD news and literature!

### *An Afternoon Halloween Dream*

**WHEN: SATURDAY, OCTOBER 24<sup>th</sup>, 2009**

**TIME: 1:00 P.M. TO 3:00 P.M.**

**AGES: 4 AND UP**

**WHERE: The Martial Arts Center, 9946 Hamilton Avenue, Huntington Beach CA, 92646**

### **Tournament News**

If you are a tournament training athlete, please register with the CUTA, formally known as the CTA, by visiting [CUTKDA.com](http://CUTKDA.com). In order for an AJK's student to keep their existing circuit points this registration is necessary. Please read the back of the newsletter for additional info.

**Upcoming tournaments:** Check the ¼ calendar for event information. Contact Natalie Brinkman (team mom) for assistance when registering for tournaments. Natalie can be reached at 949-735-2989.

### **Promotion Exam Update**

Next scheduled test dates:

Date: Oct. 29<sup>th</sup>

Time: Oct.: 3:30PM – 5PM

Where: Carden Hall

***\*\*Accounts must be current in order for student to test.***

***\*\*Students with a rank of green belt or higher must have at least 8 hours of sparring since their last test to be eligible.***

### **SOS Can Food Drive**

AJK's would like to collect non-perishable food items for this year's Thanksgiving Holiday. Please bring any non-perishable food items to AJK's (Room 14) on 10/23, or to our Halloween event on 10/24. Let's show our gratitude for those who provide free care and assistance to those in need and act as advocates for systemic change. AJK's will deliver your donations to SOS!

## • Quarterly Calendar Updates and News:

- AJK's offers 16 hrs. of sparring per ¼. Green belts or higher must have at least 8hrs. of sparring since their last test to be eligible to advance. Check out our Fri. sparring classes, which will resume this fall! NEW SPARRING TIMES: SAT.:1PM to 3PM and FRI.:3PM to 4:30PM.
- Our Tournament Program is open to *all* belt levels in sparring and levels blue or higher in forms. This program is offered through private appointment *only* on Thur., Fri., and Sat.
- Special Rank Day is for those students who are a Rec. black or higher. Get ready for some REAL FUN at the beach! On 11/14 from 10 A.M. to 12 P.M. let's enjoy some beach volleyball!

## Taekwondo Tidiness

AJK's would like to address a couple of important issues that would improve the overall appearance of the Carden Hall campus, as well as the dress of an AJK's athlete.

### Carden Hall Campus

Please encourage your child(ren) to pick up after themselves when they finish their snack and before they leave TKD,. AJK's has been addressing this issue; however, hopefully with your help we can hit a homerun!

### Athlete Dress

AJK's requests that all athletes wear TKD pants, AJK's T-shirts, and their belt to TKD practice. TKD uniforms are certainly encouraged, but are only required on testing days.

## AJK's Student of The Month-*New for '09*

Meet Steven and Brandan Buschmann. These two young high blue belt athletes demonstrate their effort and care with every class they attend. Their dedication to the art and sport of TKD is overwhelming, and their tenacity, kindness, and spirit are fine examples to their fellow peers. Congratulations boys for your winning attitudes and dispositions!

## Memories - - An AJK's Snap Shot!

AJK's 2009 Luau! Left to right: Mathew Gannon, Phoenix Marcova, Hudson Brown, Jaida Mogan, and Mallory Gannon.

## GOT QUESTIONS? ☎

For scheduling private lessons and department concerns call Adam Kinowski at 714-791-5877.

For billing and merchandise issues call Kirsten Kinowski at 949-394-0410.



## You say it's your birthday?



Don't see your child's special day here? That's because we don't have it on file! Email the information to [kirsten@ajkstk.com](mailto:kirsten@ajkstk.com) . We don't want to forget anyone!

Peter Emmel	10/2
Sohrob Goodarzy	10/3
Davis Winsor	10/3
Ethan Lacher	10/4
Alexandra Brinkman	10/8

## Freeze Frame

We hope we have your **photo release form on file!** We won't be able to display your child's picture in our **fabulous online gallery** without it! You can **download the form and check out great photos on the website at [www.ajkstk.com](http://www.ajkstk.com)**